



# Heather Minnich

Associate Physiotherapist, Westmead Private Physiotherapy Services  
Sports Physiotherapy & Work Rehabilitation Centre, Penrith  
B.App.Sc. (Phty)

## Areas of Clinical Interest

- Management of pregnancy related pelvic girdle pain
- Promoting recovery of the postnatal woman
- Safe return to exercise postpartum
- Pelvic floor muscle training in the management of prolapse, bladder and bowel disorders
- Continence management - urinary & faecal
- Endometriosis pain and lifestyle management
- Pessary prescription and fitting
- Sports and musculoskeletal physiotherapy
- Netball sporting injuries

## Teams Worked With

- Penrith District Netball Association State Age Teams  
12-15 years

## Personal Interests

- Spending time with my husband and two young children
- Playing netball

## Academic Qualifications

2011: **Bachelor of Applied Science (Physiotherapy)**  
Faculty of Health Sciences  
The University of Sydney

## Registration

- Australian Health Practitioner Regulation Agency (AHPRA)

## Professional Memberships

- Australian Physiotherapy Association: Women's Men's and Pelvic Health Professional Development Group
- Women's Health Training Associates
- Continence Foundation of Australia

## Courses Completed

- Level 1 Sports Course
- Introduction to Women's Health (WHTA)
- Pelvic Nerves: Manual Therapy and Neurodynamics Master Class
- Pregnant pelvis - an integrated approach
- Advanced Pelvic Floor - Prolapse & Stress Urinary Incontinence (WHTA)

moving  
through life

StaffBio014, Ver 5, March 18

## Our physiotherapy services are available at:

Sports Physiotherapy &  
Work Rehabilitation Centre  
Suite 8 Broadwalk Arcade  
458-470 High St  
Penrith NSW 2750  
Tel (02) 4721 5788  
www.penrithphysio.com.au

Central West Orthopaedic &  
Sports Physiotherapy  
Suite 203, 30 Campbell St  
Blacktown NSW 2148  
Tel (02) 9672 3511  
www.centralwestphysio.com.au

Westmead Private  
Physiotherapy Services  
Westmead Specialist Centre  
Suite 6, 16-18 Mons Rd  
Westmead NSW 2145  
Tel (02) 9633 1035  
www.westmeadphysio.com.au

Norwest Orthopaedic &  
Sports Physiotherapy  
Suite 117 Sky City,  
20B Lexington Dr  
Bella Vista NSW 2153  
Tel (02) 8814 5551  
www.norwestphysio.com.au